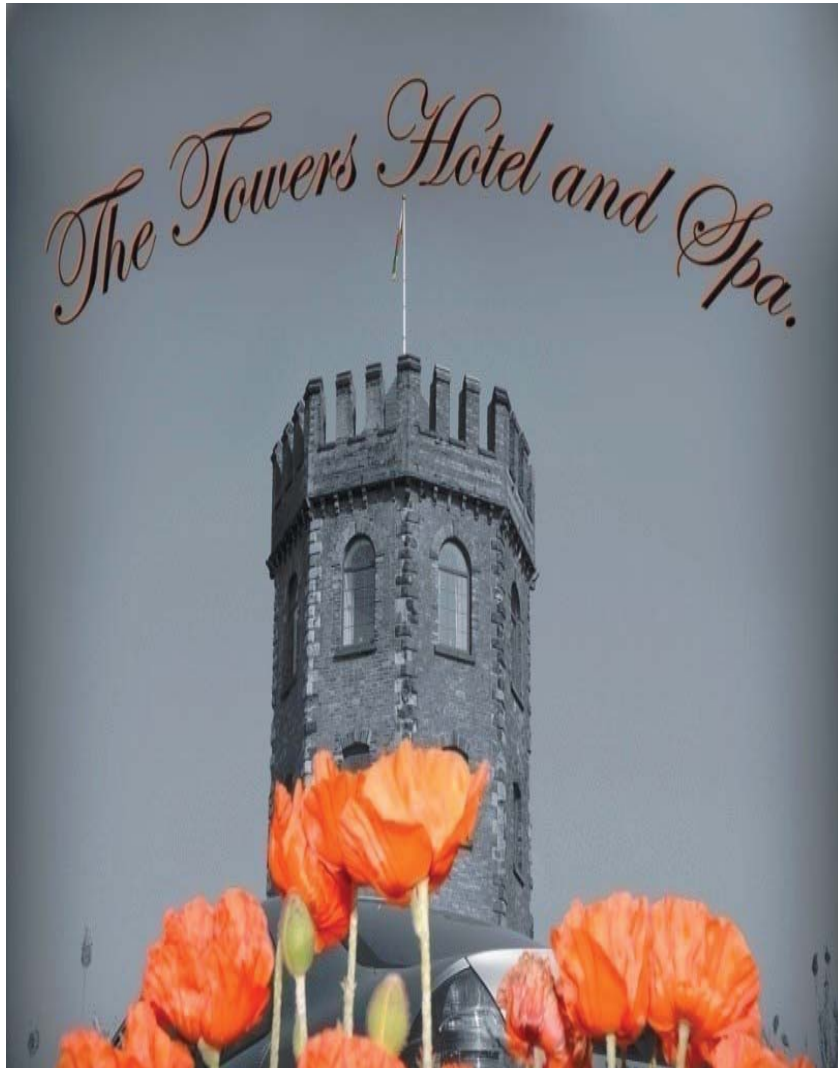


The Towers
Spa Treatments & Packages



***FOR BOOKINGS AND FURTHER INFORMATION, PLEASE CONTACT
OUR SPA THERAPISTS ON: 01792 325025***

Ashleigh Terrace, Jersey Marine, Swansea Bay, SA10 6JL

Tel: Spa 01792 325025,

Reception: 01792 814155

www.thetowersswanseabay.co.uk

Why not take advantage of our double room and have a treatment side by side perfect for that girly day or a romantic evening.

***This is available upon request depending on availability and what treatment you will be having.
Please let the therapist know on booking.***

Terms and Conditions of The Towers Hotel & Spa

*Please note that all our gift vouchers have a 6 months expiry date.
Any vouchers that are past the expiry date will not be redeemed*

You will need to book treatments/ packages 4-6 weeks in advance to avoid disappointment

Please arrive 15 minutes before your treatment

Use of Spa area is available depending upon treatment booked. If your treatment is under £50.00 then a charge of £16.00 will be incurred for the facilities.

Please remove all jewellery and clothing leaving on your undergarments or swimming costume.

For some treatments you will be given disposable undergarments by your therapist.

Please always shower before using pool facilities and after treatments. Bathrobe and slippers should be worn in all common areas.

Please make sure your valuables are kept in the locker. The management cannot be held responsible for the loss of any personal possessions.

Your appointment may be released if you are more than 15 minutes late for your treatment and late arrivals will constitute a reduced treatment time.

A 48 hour cancellation notice is required otherwise we regret that full deposit will be lost. For group bookings of 5 guests or more please be advised our cancellation notice is 5 days prior to booking date, otherwise we regret that the full deposit will be lost.

IT IS VERY IMPORTANT TO INFORM THE THERAPIST OF ANY MEDICAL CONDITIONS OR MEDICATION YOU MIGHT BE TAKING BEFORE COMMENCING WITH ANY TREATMENT OR SPA USE.

Opening Times*

**Times May Vary Slightly*

<i>Sunday</i>	<i>10.00am – 6.00pm</i>
<i>Monday</i>	<i>10.00am - 7.00pm</i>
<i>Tuesday</i>	<i>10.00am – 7.00pm</i>
<i>Wednesday</i>	<i>10.00am – 7.00pm</i>
<i>Thursday</i>	<i>9.00am – 5.00pm</i>
<i>Friday</i>	<i>9.00am – 5.00pm</i>
<i>Saturday</i>	<i>9.00am – 5.00pm</i>

Please don't hesitate to contact us on 01792 325025 if you have any questions about any of our treatment

Gerard's Facial Treatments

Sensydra Facial- 55mins, £45

A deep cleansing facial combining exfoliation a unique massage and relaxing mask. A moisturizing and soothing facial for normal to sensitive skin types that has a tendency to redden.

Re-balance Facial – 55mins, £45

A deep cleansing treatment combining exfoliation a unique massage and a relaxing mask. A balancing facial for oily to combination skin with visible pores and shiny areas.

Purity Facial – 55mins, £45

A deep cleansing facial combining exfoliation a unique massage and relaxing mask. The purifying line is ideal for skin tending towards acne prone to breakouts with shiny complexions and signs of irritation.



Chocolate Facial –55mins ,£47

Using 100% cocoa and natural cocoa butter skin is nourished, oxygenated and hydrated with natural anti-oxidants and minerals. Skin is left looking luminous and the smell releases endorphins for the feeling of well-being from within.

Glycolic Facial and White – 55mins, £58

Receive all the benefits of a glycolic facial and also treat age spots, sun damage and hyper-pigmentation to give your skin back its uniformity. Using specialist lightening active ingredients melanin production is reduced, leaving you with a skin deep youthful glow.

Rigenera DNA Facial – 1hr 25mins, £69

'Intensive shock treatment' a true regenerating beauty program to be repeated periodically throughout the year to renew, bio-energize, detoxify and restructure your skin, DNA molecules supply your skin cells with a vitality spark, accelerating regeneration and drastically reducing the signs of ageing.

Soy Soy Facial – 55mins, £58

Re-mineralizes the skin, stimulates and strengthens the production of collagen and elastin and helps to reduce pigmentation marks. For dull skin in need of a new glow.

Caviar Facial- 1hr15mins, £64

'A concentration of youth for the skin' Combined with a luxurious fingertip energizing massage that will relax the mind and at the same time stimulate the circulation, soften facial expressions and firm the facial contours. A must for mature skin wanting a new lease of life.

Collagen Eye Treatment – 30mins, £36

The purest and most concentrated form of collagen is used in this high quality eye treatment to soothe, calm and refresh the eyes. The effect is immediate the skin will look revitalized, softened and the wrinkle profile visibly reduced. A true delight to the skin around the eyes, which are showing signs of ageing, wrinkles, de-hydration, lacking elasticity, reddening and swelling.



Gerard's Body Treatments

Seaweed Cellulite – 1hr, £50

The ultimate natural anti cellulite treatment using seaweed that is proved to be a effective at aiding poor circulation, reducing water retention and fatty deposits. Perfect for toning legs, abdomen, lower back and upper arms.

Green Tea Abdomen- 1hr, £50

Experience this non-invasive colonic treatment that has a dual action that treats both the internal digestive system and firms the skin on the outside. You are left looking firm and feeling relieved of tension and bloating. Perfect before a big event, holiday or those suffering with common abdominal problems

Chocolate Paradise Spa Ritual, £89

This chocolate treatment has a detoxifying effect, stimulating the circulation and leaving skin toned and firm. This treatment includes Dead Sea Salt Scrub, Swedish Massage), a Chocolate Cream Mask and Wrap and a Oriental Head Massage to finish off with.

Shea Bliss Spa Ritual, £89

Working over the full body to loosen tight muscles, deeply hydrate, and soften skin texture, while soothing dry and chapped skin, Ritual starts with Full Body Exfoliation and an Aromatherapy Massage. This is followed by Shea butter Mask & Wrap and Head Massage, and finished with a rich layer of shea butter lotion.

Chocolate Therapy Body Wrap-1hr £56

Mouth watering pampering for the body using Dead Sea salts, essential oil, and warm 100% pure cocoa butter. This body scrub and massage is unforgettable.



Pepper Scrub – 25mins - £28

This aromatic pepper scrub helps stimulate metabolism and circulation. A full body exfoliation leaves your skin soft and supple, and is then followed by an application of pepper aroma cream.

Coconut Milk Body Polish – 25mins, £28

A dry powdered polish using desiccated coconut flakes, full cream milk, ground rice powder and dried jasmine flowers to gently exfoliate and moisturize in one step leaving its sweet coconut scent on the skin. Finishing with our coconut cream lotion

Dead Sea Salt Scrub – 25mins, £28

This intensively deep exfoliation will leave your skin feeling silky smooth. Excellent for a pre-holiday treat or special occasion to brighten dull, dry skin.



Massages

Balinese Massage – 1hr10mins, £56

Traditional Balinese massage has been handed down through generations using spice oils. A relaxing but powerful massage that warms the muscles to help relieve aches and pains. It is great at easing stress, calming nerves and altering the mental state.

Hawaiian Lomi Lomi Massage – 1hr 10mins, £56

The massage is performed using warm coconut oil and is performed using long flowing strokes. The mind and body are cleansed to balance and purify the soul and invite harmony and peace, which no other massage can achieve.

Aromatherapy Massage – 1hr10mins, £56

A powerful holistic massage uses pure natural essential oils to benefit the body and help you achieve balance and harmony in your life.



Swedish Massage – 55mins, £47

When we exercise our muscles for a prolonged period of time, we can over extend the muscles and aches, pains and injury can occur. This deep tissue massage helps to release the tension build up in the muscle and help reduce that tightening effect you can sometimes get.

Hot Stone Massage – 1hr 25mins, £60

Stone therapy gives a truly holistic experience as well as enabling and improving circulation and metabolism, it provides a deep mental relaxation in minutes and a sense of well being is achieved. The heat from the stones is a fantastic way of drawing out all your aches and pains



Back, Neck and Shoulder Massage – 25mins, £28

This deep tissue massage works on stubborn knots and tight muscles to help relax the area.

Oriental Head Massage – 25mins, £28

Ancient oriental techniques are used to relax the shoulder face and scalp. Using the finest oils to bring calm to the whole body.

Mother to be Therapy Treatment- 1hr25mins£60

Pure indulgence for the face and body using safe and natural products for the pregnant and nursing mother. Muscular aches are relieved and skin is given a boost to give you an increased glow.

Green Clay Back, Face and Scalp Massage 45mins, £40

This treatment is an intensive facial for the back, ideal for clients who suffer from congested skin or excess oil in this area. Deeply cleansing and dermo-purifying, helping to decongest and brighten.

Hopi Ear Candles – 35mins, £28

Hopi ear candles work like a chimney by drawing impurities to the surface where they can be gently removed. Many sufferers of sinus problems, hay fever and headaches find this treatment beneficial as do clients excess or compact ear wax.

Nails

Recognized as the best in the world, Jessica offers over 200 award winning custom colours, rich in depth that simply glide on to the nails.

Jessica Spa Manicure – 45min £30

Includes a hand soak, scrub, massage, heated mittens and mask with cuticle work, filing and polish.

Mini Manicure – 25mins £20

Includes cuticle work, filing and polish



Jessica Zen Spa Pedicure – 1hr £35

Includes foot spa, scrub, massage, heated booties and mask with cuticle work, filing and polish

Mini Pedicure – 25mins £20

Includes cuticle work, filing and polish

Gel Overlays – 1hr £25

A Gel that gives the nail strength and flexibility but also gives permanent nail colour that can last up to 3 weeks.

Minx - 30 mins £25.00

*Unique Designs
Won't Chip
Won't Smudge*

Removal and re colour -1hr 15min, £30

Add gel overlay to any full manicure or pedicure for an additional £15



Eyes

Please be advised that all tints require a patch test 24hrs prior to treatment if first time.

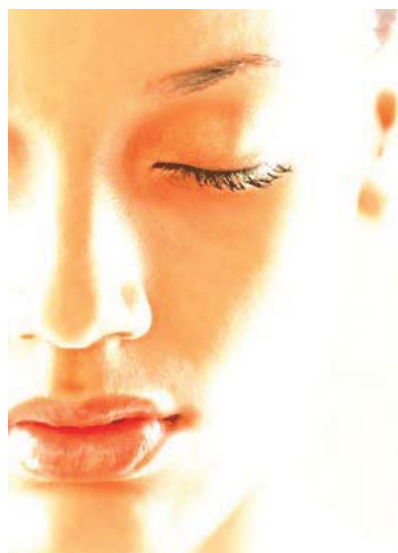
Eyelash Tint – 20mins £12

Eyebrow Tint – 5mins £8

Eyebrow Wax/Shape – 10mins £8

Eyelash Perm – 45mins £29

Individual Lashes – 15-20mins £10



Waxing

All times are estimates only

Eyebrow Wax – 10mins £8

Full Leg – 30mins £19

Full Leg and Bikini – 45mins £25

Half Leg – 15mins £16

Half Leg and Bikini – 30mins £20

Bikini – 15mins £12

Full Back/ Chest – 30mins £17

Underarm – 15mins £12

Lip/Chin – 5mins £8

Half Arm – 15mins £11

Full Arm- 30mins £14



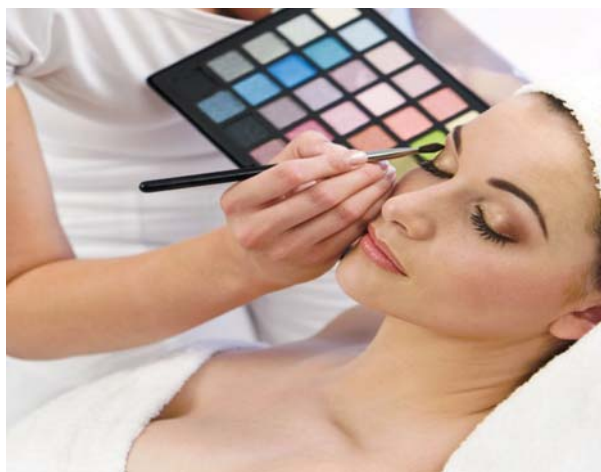
Finishing Touches

Fake Bake Tanning, £20

A dark or natural tan that lasts around 5 days. Please take into consideration the tan needs to be left on over night to develop and followed by a shower/bath the following morning. Looser, dark clothing is recommended when coming for your tan. Do not apply anything to the skin on the day of our tan and we do advise to leave without a bra if you do not want strap marks.

Make- Up (up to 1hr), £20

Make up application by our professional makeup artists, whether it's for day, night or special occasion. Includes strip or individual lashes.



On the Wedding Day

Make- Up (inc. Trial) -£35
50% to be paid on trial

Other Members of Bridal - £25
Younger Bridesmaids – Hair - £10
Make-up - £10

Men's Treatments

Men's Swedish – 1hr, £47

Men's Deep Tissue Muscle Massage – 1hr 10mins, £56

After this firmer massage, to release deep tension, you will be left stress free.



Men's Balancing Facial – 1hr, £45

Deeply exfoliate and cleanse skin. Skin is left brighter and decongested.

Men's Back, neck, shoulder - £28



Spa Packages

All packages include full use of Spa Facilities, the use of a robe, towel and slippers for the day, full use of our indoor heated pool, sauna, steam room, Jacuzzi, gymnasium, chill out lounge, relax room and complimentary tea and coffee.

Deluxe Spa Day - £55.00 per person – 25 minutes treatment time

Includes a choice between:

- an oriental head massage,
- a back, neck and shoulder massage,
- mini rain forest facial
- Gerard's taster facial.

Plus healthy nutritious lunch, accompanied with a glass of wine or fresh fruit juice.

Eastern Promise - £65.00 – 1 Hour 10 minutes treatment time

Includes

- An eastern back, neck & shoulder massage
- An eastern inspired head massage
- A mini rain forest facial or Gerard's taster mini facial.

Week Day Pamper – 1 Hour treatment time - (Mondays, Tuesdays & Wednesdays Only)

Option 1—£59.00

- Back neck and shoulder massage.
- Mini facial.

Plus A healthy nutritious lunch, accompanied by a glass of wine or fruit juice.

Option 2- £54.00

- Back massage or mini facial.
- Mini manicure or mini pedicure.

Plus a healthy nutritious lunch, accompanied by a glass of wine or fruit juice



Chocoholics Dream – Cost - £110.00 — 3 Hours treatment time

Includes:

- The mini chocolate facial.
- The chocolate after eight body wrap. T
- he chocolate pedicure.
- Hot chocolate to finish off served in our chill out lounge.

Oriental Bliss – Cost - £70.00 – 1 Hour 55 minutes treatment time

Includes

- Dead Sea salt scrub
- Oriental hot stone massage
- Herbal tea to finish in the chill-out lounge

Pick & Mix Package £69

Tailor make your own spa day with a choice of two treatments from the following:

- Back & Shoulder Massage
- Express Facial
- Pepper Aroma Scrub
- Dead Sea Salt Scrub
- Oriental Head Massage
- Express Manicure
- Express Pedicure

Plus A healthy nutritious lunch, accompanied by a glass of wine or fruit juice.

Total Detox Package – 2hrs, £95

Book in for a full detox program. This package includes:

- Seaweed Cellulite treatment
- Green tea abdomen
- Finish with a herbal tea in our chill out lounge and Cellulite cream to take away for continued home use.

Coconut Paradise - £90.00 – 2 hours treatment time

Includes

- A Coconut cocoon body wrap,
- a coconut deluxe foot treatment
- a coconut milk smoothie served in the chill-out lounge.

Over Night Spa Packages

Spa & Sleep Break – Cost - £135.00 – 1 Hour 25 Minutes treatment time

A back, neck and shoulder massage. Rain forest facial or Gerard's prescriptive facial. Afternoon cream tea served in the chill-out-lounge.

1 nights' accommodation. A 2 course dinner in the conservatory restaurant. Full welsh breakfast the following morning.

The spa & sleep break offer is subject to availability and the price is per person and based on 2 people sharing a twin or double room.

Sunday Slumber & Spa Break - £90.00 per person – 30 minutes treatment time

1 Nights luxury accommodation on Sunday night

Full Welsh breakfast

2 Course Dinner

Choice of 1 Spa treatment from: Back, neck and shoulder massage, mini facial, mini pedicure or mini manicure.

Treatment must be taken on Monday

Perfect Pamper Hen Package - £135.00 – 55 minutes treatment time

A choice of two treatments from: A back, neck and shoulder massage, a mini rain forest facial, Gerard's taster facial, oriental head massage, mini manicure or a mini pedicure.

A Healthy lunch served in the chill-out-lounge with a glass of wine. A 2 course dinner served in the conservatory restaurant. 1 nights' accommodation in a superior room. Full welsh breakfast served the following morning.

The Perfect Pamper Hen Package offer is subject to availability and the price is per person and based on 2 people sharing a twin or double room.

If your spa package does not include a Spa Buffet, this can be added on at a charge of £9.95 per person or an alternative light bites menu is available,

Please be advised all food orders are required to be booked 24 hours in advance.

Please contact us if you would like any more information on anything.

